

CHARLES W. HENRY

# HEALTHY HAWK

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## Humor can help connect people

“Laughter makes you feel very uplifted and filled with pure joy,” explained third-grade teacher Mr. Jackson. He describes things that make you laugh as “silly things, for example if I trip, I laugh.”

“Laughter can help you mentally and physically,” said Dr. Edward Creagan, from the Mayo Clinic, a medical and research center, in an article.

Laughter is effective for relieving stress from our body, and it also reduces pain, Dr. Creagan said.

Laughter can also bring people together and momentarily boost their sense of connections”, say researchers from the University of North Carolina in the article “How Laughter Brings Us Together”.

But humor hurts when it’s used to make fun of people, which isn’t funny, says Carl Jackson, Henry third-grade teacher. “When someone laughs at you, let them know it wasn’t kind and let them apologize,” he said.

*Healthy Hawk* reporters interviewed Mr. Jackson because he is known as a super funny person at school. Students love him because they say he is a great teacher and has a great sense of humor.

Needing humor is a way to make people smile. If you tell someone a joke, they might laugh and smile, but if you laugh at someone, they will feel hurt, said Mr. Jackson.

*(Please see Use humor on Page 2)*

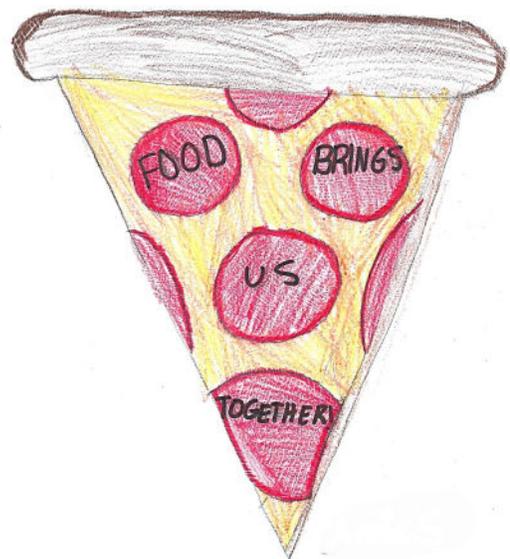
## Bonding over a meal together

By sharing food with friends and family, you can learn more about others, according to experts.

“Showing gratitude towards others before a meal can help make your experience more meaningful,” says research from Duke Health and Well-Being, in the article, “Five Ways to Build Mindful Connections Through Food.”

Having a healthy connection over food can improve people’s mental and physical health and make them eat more fruits and vegetables. Food can help people come together and be kind to each other. It helps them have better connections with people and live longer. It will help people have a different understanding of something. Also, people can share cultural meals with each other, said reporters in the news segment “Do you eat together as a family” from CBS Pittsburgh.

*Healthy Hawk* fourth-grade reporters interviewed Mrs. Grant, the K to 3 learning support teacher.



*(Please see Sharing on Page 2)*

Illustration by Annie Sheaffer

## Laugh

A poem by Wyatt Clark

Laugh, laugh,  
Happy tears.  
Show your happiness  
For each other.

Take some time,  
Make up your mind.  
Tell a joke  
And you'll be fine.

## Jokes

A poem by Dean Truong

They are really funny,  
Like a silly goofy bunny.  
They make you laugh and smile  
So smile, smile, smile.

Once you hear one,  
You'll never frown.  
And you'll laugh, laugh, laugh  
Like a clown.  
Jokes.

# Use humor for good, not to hurt people

(Continued from Page 1)

“But if someone laughs at you and you laugh, too, you will think you did something funny and clumsy,” he said.

Laughter and talking together bring joy to people's day, said Mr. Jackson. He describes humor used in a negative way as “making fun of somebody, which is mean instead of funny.”

Advice Mr. Jackson would give to kids about using humor to connect with others is to “be yourself, be in the moment, and make light of it.”

A joke that Mr. Jackson had is: “What's a good tip to give somebody? Answer the phone if somebody calls you.”

—By *Healthy Hawk* staff

# Sharing a meal ties you to others

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She said food connects people because if your friends come over, you could order something, they can order something else, and you can share it. Also, by sharing food you can learn about the other person to make a connection.

Food connects people. For example, when friends go out to dinner they can talk with each other, said Mrs. Grant.

A healthy interaction with others can be a talking point

with friends and family. Mrs. Grant also said you can learn information about what healthy and unhealthy foods are with friends and family in order to make better food decisions.



“When families get together during a meal over different foods, they talk with each other,” said Mrs. Grant.

Eating with other people encourages others to try new things and learn about different peoples' cultures, Mrs. Grant said. Eating different foods can help you connect with others.

—Story by *HealthyHawk* staff

—Illustration by Hannah Coleman

### *Henry Healthy Hawk*

The *Henry Healthy Hawk* is a publication of Charles W. Henry School in the School District of Philadelphia. Fourth-grade staff members from Room 104 include Joey Beljean, Jesse Brennan, Malcolm Brodie, Sophia Celli, Wyatt Clark, Hannah Coleman, Miles Garcia Wade, Isaac Garrido, Jacob Haslanger, Lark MacGregor, Finley Moss, Ella Nayak-Bourne, Declan Norton, Bryce Paulin, Annie Sheaffer, Kayla Smith, Dean Truong, Audrey Wallace, Kaden Wilbanks, Adam Williams, and Dresden Wood.

The *Henry Healthy Hawk's* faculty advisor is Mrs. Pownall and Henry's principal is Ms. Len.

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